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Question: 1866

According to King's Theory, which of the following strategies would best facilitate patient goal attainment in rehabilitation?

A. Minimizing patient involvement in care planning
B. Establishing clear communication channels between nurse and patient
C. Focusing exclusively on medical treatment
D. Limiting family participation in care decisions

Answer: B

Explanation: Establishing clear communication channels between nurse and patient is critical in King's Theory for facilitating collaborative goal attainment in rehabilitation.

Question: 1867

In assessing a patient with a tracheostomy for swallowing difficulties, which sign would most likely indicate aspiration?

A. Increased respiratory rate and coughing
B. Bright red blood in the saliva
C. Clear, thin secretions from the tracheostomy
D. Normal oxygen saturation levels

Answer: A

Explanation: An increased respiratory rate and coughing during or after eating may indicate aspiration into the airway.

Question: 1868

A 32-year-old patient with a traumatic brain injury (TBI) is in the Rancho Los Amigos Level V (Confused, Inappropriate) stage. The patient becomes agitated when asked to perform self-care tasks. Which nursing interventions are most appropriate to manage this agitation?

A. Use short, simple commands and repeat them consistently
B. Restrain the patient during self-care tasks to ensure compliance
C. Provide a quiet environment with minimal sensory stimulation
D. Administer a PRN sedative medication during self-care activities

Answer: A, C

Explanation: Using short, simple commands and repeating them consistently aligns with the patient's cognitive level at Rancho Level V, reducing confusion and agitation. Providing a quiet environment with minimal sensory stimulation helps prevent sensory overload, which can exacerbate agitation in TBI patients. Restraining the patient during self-care tasks is inappropriate, as it may increase agitation and violate principles of least restrictive care. Administering a PRN sedative medication during self-care activities should be avoided unless medically necessary, as it may impair cognitive recovery and is not a first-line intervention for agitation in TBI.

Question: 1869

A nurse is evaluating the effectiveness of a rehabilitation program by analyzing quality and utilization data. Which of the following metrics would be most relevant to determine patient satisfaction and program efficacy within a rehabilitation setting?

A. Length of stay in the facility
B. Readmission rates within 30 days
C. Patient-reported outcome measures (PROMs)
D. Staff turnover rates

Answer: C

Explanation: Patient-reported outcome measures (PROMs) directly reflect the patients' perspectives on their health status and satisfaction with the rehabilitation process, making them crucial for evaluating program efficacy.

Question: 1870

A nurse is caring for a patient with a recent stroke who has developed dysphagia. Which intervention is essential to implement during meal times?

A. Provide a diet high in fiber to prevent constipation
B. Offer thin liquids to encourage hydration
C. Position the patient upright at a 90-degree angle while eating
D. Encourage the patient to speak while swallowing

Answer: C

Explanation: Positioning the patient upright minimizes the risk of aspiration and supports safer swallowing during meals, crucial for patients with dysphagia.

Question: 1871

A patient with chronic pain is being considered for a trial of a new analgesic. What is a crucial aspect of patient history that should be assessed before starting therapy?

A. History of allergies
B. Previous use of over-the-counter pain medications
C. Current use of herbal supplements
D. All of the above

Answer: D

Explanation: All of these aspects are important to assess, as they can influence the safety and efficacy of the new analgesic, including potential drug interactions and contraindications.

Question: 1872

Which dietary modification is most beneficial for preventing constipation in patients with spinal cord injuries?

A. High-fat diet
B. Low-fiber diet
C. Increased intake of fruits and vegetables
D. High protein diet

Answer: C

Explanation: Increasing the intake of fruits and vegetables, which are high in dietary fiber, helps promote regular bowel movements and prevent constipation, particularly important for individuals with spinal cord injuries who may have reduced bowel motility.

Question: 1873

When considering the use of healing touch therapy in rehabilitation settings, which of the following statements best describes its intended effects on patients?

A. Healing touch is solely a physical intervention that does not affect emotional well-being.
B. Healing touch may enhance relaxation and promote a sense of peace, aiding in overall recovery.
C. Healing touch is ineffective unless combined with pharmacological treatments.
D. Healing touch should only be used in acute care settings.

Answer: B

Explanation: Healing touch is intended to enhance relaxation and emotional well-being, contributing positively to the overall recovery process in rehabilitation settings.

Question: 1874

In quality improvement processes, which tool is most appropriate for identifying the root cause of a problem in patient care?

A. Fishbone diagram
B. Control chart
C. Histogram
D. Scatter plot

Answer: A

Explanation: A Fishbone diagram, also known as an Ishikawa diagram, is used to identify the root causes of problems in patient care by visually mapping out potential factors contributing to an issue.

Question: 1875

When considering fluid consistency for a patient with dysphagia, which of the following is the most appropriate choice to facilitate safe swallowing and prevent aspiration?

A. Thin liquids
B. Nectar-thick liquids
C. Regular soda
D. Thin broth

Answer: B

Explanation: Nectar-thick liquids are easier for patients with dysphagia to manage compared to thin liquids, as they flow more slowly and are less likely to cause aspiration.

Question: 1876

Mr. Harris, a 40-year-old with a L1 SCI, uses a manual wheelchair and performs independent transfers. During a clinic visit, he reports shoulder pain (VAS 6/10) during propulsion, worse on inclines. His shoulder MRI shows rotator cuff tendinitis. Which of the following interventions are most appropriate?

A. Initiate physical therapy for rotator cuff strengthening
B. Recommend a power wheelchair for all mobility
C. Teach proper wheelchair propulsion techniques
D. Prescribe ibuprofen 800 mg TID for 2 weeks

Answer: A, C, D

Explanation: Rotator cuff strengthening improves shoulder stability. Proper propulsion techniques reduce joint stress. Ibuprofen addresses inflammation and pain. A power wheelchair is premature, as he is independent with a manual chair.

Question: 1877

The National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) plays a crucial role in research. Which of the following best describes its primary mission?

A. To fund rehabilitation facilities
B. To promote independent living for individuals with disabilities
C. To provide direct rehabilitation services
D. To regulate rehabilitation programs

Answer: B

Explanation: NIDILRR focuses on research and development to promote independent living and improve the quality of life for individuals with disabilities.

Question: 1878

When developing a patient-centered plan for implementing assistive technology, which of the following should be prioritized?

A. The latest technology available on the market
B. The specific needs and preferences of the patient
C. Recommendations from healthcare providers
D. The potential for insurance reimbursement

Answer: B

Explanation: Prioritizing the specific needs and preferences of the patient ensures that the assistive technology is suitable and enhances their rehabilitation experience effectively.

Question: 1879

A 40-year-old patient with Guillain-Barré syndrome is in the recovery phase and exhibits residual weakness in the lower extremities. The nurse is applying the Functional Health Patterns model to promote optimal mobility. Which interventions should be included?

A. Collaborate with physical therapy for a progressive ambulation program.
B. Administer intravenous immunoglobulin to enhance recovery.
C. Teach the patient to use a walker for safe ambulation.
D. Monitor for signs of respiratory distress during activity.

Answer: A, C, D

Explanation: Collaborating with physical therapy for a progressive ambulation program supports mobility restoration. Teaching walker use enhances safety during ambulation. Monitoring for respiratory distress is critical, as Guillain-Barré can affect respiratory muscles. Intravenous immunoglobulin is typically used in the acute phase, not rehabilitation, and is not a nursing intervention for mobility.

Question: 1880

In evaluating the effectiveness of rehabilitation interventions, which of the following is the most appropriate method for measuring progress towards established goals?

A. Relying only on subjective patient feedback about their experiences.
B. Using standardized assessment tools to track functional outcomes over time.
C. Evaluating progress based solely on the completion of prescribed tasks.
D. Observing the patient in isolation without input from the healthcare team.

Answer: B

Explanation: Standardized assessment tools provide objective measures of functional outcomes, allowing for accurate evaluation of progress towards rehabilitation goals.

Question: 1881

According to Neuman's Systems Model, what type of intervention would be classified as a primary prevention strategy for a patient in a rehabilitation setting?

A. Providing medication to manage symptoms
B. Teaching stress management techniques
C. Conducting a comprehensive assessment
D. Creating a discharge plan

Answer: B

Explanation: Teaching stress management techniques is a primary prevention strategy that helps patients cope with stressors, which is vital in rehabilitation.

Question: 1882

A patient with end-stage heart failure has been fitted with a left ventricular assist device (LVAD). Which of the following nursing interventions is most essential for this patient?

A. Regularly assessing the patient's respiratory rate and effort.
B. Ensuring the patient adheres to a strict fluid intake restriction.
C. Educating the patient on battery management and emergency protocols.
D. Monitoring the patient's weight daily to assess fluid retention.

Answer: C

Explanation: Educating the patient on battery management and emergency protocols is essential because proper functioning of the LVAD is critical for the patient's survival, and patients need to be prepared for any potential device failure.

Question: 1883

In a patient with neuropathic pain, which of the following medications would most likely be considered first-line treatment?

A. Gabapentin
B. Acetaminophen
C. Ibuprofen
D. Tramadol

Answer: A

Explanation: Gabapentin is commonly used as a first-line treatment for neuropathic pain due to its mechanism of action targeting nerve pain pathways.

Question: 1884

Which professional resource is essential for addressing educational needs and strategies for a child with developmental delays in a rehabilitation setting?

A. Teacher
B. Psychologist
C. Neurologist
D. Vocational rehabilitation counselor

Answer: A

Explanation: Teachers are crucial in developing and implementing educational strategies tailored to the child's developmental needs, especially in rehabilitation contexts.

Question: 1885

Mr. Young, a 49-year-old male with a C6 spinal cord injury, is 5 months post-injury and uses a power wheelchair. He reports recurrent pressure ulcers on his ischial tuberosities despite a pressure-relieving cushion. His Braden Scale score is 10, indicating high risk. Which interventions should the nurse implement to prevent ulcer recurrence?

A. Teach pressure relief techniques every 15–30 minutes
B. Consult a wound specialist for advanced dressing options
C. Recommend a bariatric wheelchair to reduce pressure
D. Assess nutritional status with serum prealbumin levels

Answer: A, D

Explanation: Teaching pressure relief techniques every 30 minutes reduces prolonged pressure on vulnerable areas. Assessing nutritional status with serum prealbumin identifies deficiencies impacting

healing. Consulting a wound specialist for advanced dressings is not typically a direct nursing intervention and requires a referral to a physician. Recommending a bariatric wheelchair is inappropriate without evidence of obesity-related issues.

Question: 1886

Which of the following describes a key element of patient-centered care that emphasizes understanding the patient's unique experiences and preferences to tailor interventions effectively?

A. Standardized treatment protocols
B. One-size-fits-all approach
C. Individualized care planning
D. Focus on institutional policies

Answer: C

Explanation: Individualized care planning is essential in patient-centered care, allowing healthcare providers to create tailored interventions that consider each patient's unique experiences, preferences, and goals, ultimately enhancing their rehabilitation outcomes.

Question: 1887

A 72-year-old patient with a cognitive impairment struggles with processing auditory information in noisy environments. Which assistive technology would be most effective in enhancing the patient's communication in such settings?

A. Noise-canceling headphones
B. Hearing aids with noise reduction features
C. A communication book with visual supports
D. A smartphone app for speech-to-text

Answer: B

Explanation: Hearing aids with noise reduction features can help the patient better process auditory information, particularly in distracting environments.

Question: 1888

In assessing a patient who shows signs of awareness and can follow simple commands but is still unable to communicate effectively or engage with their surroundings, which Rancho Los Amigos level is appropriate?

A. Rancho II
B. Rancho III
C. Rancho IV
D. Rancho I

Answer: B

Explanation: Rancho III reflects a level where the patient shows awareness and can follow commands but has limited communication and engagement with their environment.

Question: 1889

Documenting services provided to patients is essential for various reasons. Which of the following is a primary purpose of accurate documentation in healthcare?

A. To fulfill regulatory requirements only.
B. To provide a legal record of care that can be used in disputes.
C. To limit patient access to their medical information.
D. To create a narrative of care that is only shared with the healthcare team.

Answer: B

Explanation: Accurate documentation serves as a legal record of patient care, which can be critical in disputes and ensuring continuity of care.

Question: 1890

A 50-year-old male with Parkinson's disease is admitted to the rehabilitation unit with a decline in functional mobility. His Unified Parkinson's Disease Rating Scale (UPDRS) score has increased from 30 to 45 over the past 6 months. Using the Rehabilitation Team and Community Reintegration domain, which interventions should the nurse coordinate?

A. Collaborate with physical therapy to optimize gait training
B. Recommend a permanent nursing home placement
C. Refer to occupational therapy for adaptive equipment assessment
D. Schedule a follow-up with a neurologist for medication adjustment

Answer: A, C, D

Explanation: Collaborating with physical therapy to optimize gait training addresses the patient's mobility decline, a key focus of rehabilitation team efforts. Referring to occupational therapy for adaptive equipment assessment supports functional independence in daily activities. Scheduling a follow-up with a neurologist for medication adjustment is essential to manage disease progression, as indicated by the increased UPDRS score. Recommending permanent nursing home placement is premature and does not align with the goal of community reintegration unless all other options are exhausted.

Question: 1891

Which of the following scales is most appropriate for assessing the level of consciousness in patients

with traumatic brain injury?

A. Mini Mental State Examination
B. Rancho Los Amigos Scale
C. Glasgow Coma Scale
D. ASIA Scale

Answer: C

Explanation: The Glasgow Coma Scale is specifically designed to assess consciousness levels in patients with brain injuries, providing a reliable measure of their neurological status.

Question: 1892

When assessing caregiver support systems, which factor is most likely to predict the long-term effectiveness of these systems in providing care to individuals with chronic illnesses?

A. The financial stability of the caregiver
B. The emotional resilience of the caregiver
C. The geographical proximity of family members
D. The availability of respite services

Answer: B

Explanation: Emotional resilience is crucial for caregivers as it helps them cope with stress and challenges over time, thereby enhancing the quality and sustainability of care provided.

Question: 1893

A 65-year-old male with a T10 spinal cord injury is experiencing neurogenic bladder dysfunction. His urodynamic study shows detrusor overactivity. Which of the following medications and monitoring parameters should the nurse anticipate?

A. Oxybutynin - Monitor for anticholinergic side effects.
B. Bethanechol - Monitor for increased bladder contractility.
C. Tamsulosin - Monitor for orthostatic hypotension.
D. Finasteride - Monitor for reduced prostate size.

Answer: A

Explanation: Detrusor overactivity in neurogenic bladder is managed with anticholinergic medications like oxybutynin, which reduce bladder spasms. Monitoring for anticholinergic side effects (e.g., dry mouth, constipation) is essential. Bethanechol increases bladder contractility, which is contraindicated. Tamsulosin and finasteride are used for benign prostatic hyperplasia, not detrusor overactivity.

Question: 1894

To effectively address coping strategies in rehabilitation, which approach should nurses prioritize when working with patients from diverse cultural backgrounds?

A. Imposing their own cultural values and beliefs.
B. Understanding and integrating patients' cultural beliefs into their care plans.
C. Avoiding discussions about cultural differences altogether.
D. Encouraging patients to adopt mainstream coping strategies exclusively.

Answer: B

Explanation: Understanding and integrating patients' cultural beliefs into their care plans helps ensure that coping strategies are relevant and effective, promoting better rehabilitation outcomes.

Question: 1895

Which type of catheter is most appropriate for a patient requiring intermittent catheterization, and what is the key advantage of this choice?

A. Indwelling catheter; lower risk of blockage
B. Straight catheter; ease of insertion
C. Coude catheter; better for difficult anatomy
D. Condom catheter; non-invasive

Answer: B

Explanation: A straight catheter is used for intermittent catheterization due to its ease of insertion and removal, promoting independence while minimizing infection risks compared to indwelling options.

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